



Parenting Teens Support Group

For families with children 13-19 years' old

This is a monthly session for Mandarin-speaking parents to have self-reflection and share the experiences and challenges of parenting adolescents. Learn communication skills and ways to deal with stress through small group discussion and activities.

Topics include:

- Joy & Challenges of Parenting Teens
- Depression & Anxiety
- Peaceful Conflict Resolutions

Facilitator: Ginny Wong, Registered Clinical Counsellor
Family Services of the North Shore

For more information and to register, contact:
Ting Ting Reuveny, tingr@nsms.ca,

This program is government funded and free of charge.



Details

- Learn about supporting your children's physical and mental health
- Sessions once a month on Thursdays

These sessions will be presented in Mandarin.

This program is open to Mandarin-speaking parents on the North Shore.

Location

Online via Zoom
Details provided upon registration

Date & Time

Thursdays,
July 22
August 26
September 23
October 28
November 25
December 9
9:30am - 11:30am

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